

WORKSHEET – Setting Goals with Couples

1. At the first visit ask each partner separately to share what they see as the primary problem or problems in the relationship.
2. Repeat back each of their responses. Normalize their problems, empathize with their feelings.
3. Ask what it would look like if the problems were solved. (Miracle question). Repeat back each of their responses.
4. Ask how do you each think you have contributed to the problems in the relationship?
5. Repeat back each of their responses. Give praise for doing this.
6. Connect with each partner equally.
7. Keep the focus on themselves not their partner.
8. Ask each partner what they would like to do differently.
9. Design a goal or goals based on the problem, what it would look like if solved and individual contributions to the problems.
10. Keep an eye out for dysfunctional patterns.
11. Make a list of other stated problems to be managed later.

(This may have to be done in two sessions)